



WWW.TEHKIGLOBAL.COM
EMAIL info@tehkigloban.com
TEL: 680424114.

REG: RC/LBE/2025/B/058
NIC: M05217782814R

30-DAY ONLINE WOMEN'S HEALTH PROGRAM

Organized by
TEKHI GLOBAL

PROGRAM CURRICULUM & OVERVIEW

WEEK 1: FOUNDATION & BASELINE (Days 1–7)

Know Your Body Before You Change It

Day 1 – Program Orientation

Welcome address by Dr. Marie Keka

Program expectations & rules

Introduction of participants

Overview of preventive health & MOVE
philosophy



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Assignment: Join accountability pairs

Day 2 – Baseline Health Screening (Part 1)

Participants complete the first set of online assessments:

Metabolic Age Assessment

Body Mass Index (BMI)

Central Obesity

Screening

Education

What these numbers mean medically

Why weight alone is not health



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Day 3 – Baseline Health Screening (Part 2)

Participants complete:

Nutritional Health Assessment

Sleep Quality Assessment

Stress & Mental Health Assessment

Mini Teaching:

How stress, sleep, and food silently drive disease

Day 4 – Baseline Health Screening (Part 3)

Participants complete:

Osteoporosis Risk Assessment

FIT Score (Fitness Index) Assessment



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Doctor's Insight:

Bone health, aging, and movement after 30

Day 5 – Master My Body:

Session 1

Theme: Understanding Your Body Blueprint

Topics:

Body types & metabolic tendencies

Why generic diets and workouts fail

Age, hormones, and lifestyle interactions

Day 6 – Doctor-Led* *Dance Workout (Live)

Beginner-friendly health dance session



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Focus: energy, circulation, mood

Safety tips & posture education

Day 7 – Reflection & Accountability

Personal reflection exercise

Share insights in the support group

Rest & light stretching

WEEK 2: EDUCATION & PREVENTION (Days 8–14)

From Awareness to Action

Day 8 – Master My Body: Session 2

Theme: Food, Hormones & Energy



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Understanding hunger vs hormonal cravings

Nutritional mistakes women 30+ make

Simple principles for sustainable nutrition

Day 9 – Disease Prevention Education

Focus:

Family-history-related conditions

Obesity

Hypertension

Diabetes

Osteoporosis



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Teaching:

“Genetics loads the gun; lifestyle pulls the trigger”

Day 10 – Dance Workout (Live)

Focus: cardiovascular health

Benefits for:

Blood pressure

Blood sugar

Cholesterol

Day 11 – Health Tracking Workshop

How to track:

Weight trends

Waist circumference

Energy levels



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Sleep quality

Understanding medical reports simply

Day 12 – Nutrition Planning Day

How to build realistic meal plans

Eating for energy, not punishment

Cultural flexibility encouraged

Day 13 – Movement Education

How much exercise is enough

Safe intensity for women 30+

Avoiding injury & burnout

Day 14 – Weekly Review & Q&A



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Live group session with Dr. Marie Keka

Honest health conversations

Accountability check-in

WEEK 3: PERSONALIZATION & CONSISTENCY (Days 15–21)

Build What Fits Your Life

Day 15 – Personalized Plan Creation

Participants begin creating:

Personal 30-day workout plan

Personalized nutrition strategy

Day 16 – Dance Workout (Live)



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Focus: body tone & confidence

Emphasis on consistency over perfection

Day 17 – Stress, Sleep & Mental Wellness

Stress physiology explained simply

Sleep hygiene strategies

Mental health check-in

Day 18 –Accountability & Habit Building

Habit stacking techniques

Overcoming motivation slumps

Group sharing

Day 19 – Disease Prevention in Daily Life



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Preventive habits for:

Blood pressure

Blood sugar

Bone health

Practical home strategies

Day 20 – Dance Workout (Live)

Focus: mood, joy, self-esteem

Celebration of progress

Day 21 – Mid-Program Evaluation

Personal progress review

Adjustment of plans if needed

Rest & recovery education



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WEEK 4: SUSTAINABILITY & REASSESSMENT (Days 22–30)

Health Beyond 30 Days

Day 22 – Reassessment Begins

Participants repeat:

Metabolic Age

BMI

Central Obesity

FIT Score

Day 23 – Reassessment Continues

Participants repeat:

Nutritional Health

Sleep Quality

Stress & Mental Health

Osteoporosis Risk



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Day 24 – Understanding Your Progress

How to compare baseline vs results

What improvement really means medically

Day 25 – Dance Workout (Live)

Final group workout

Celebration session

Day 26 – Long-Term Health Planning

Maintaining habits beyond MOVE

Preventing relapse

When to seek medical care

Day 27 – Global Women’s Health Network Introduction



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Community guidelines

Continued peer support

Lifelong accountability

Day 28 – Open Q&A with Dr. Marie Keka

Honest conversations

Myths vs facts

Personalized advice (general, non-clinical)

Day 29 – Personal Commitment Day

Write your health commitment

Define your next 90 days



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Day 30 – Graduation & Closing Session

Program wrap-up

Final encouragement

Recognition of participants

Official program completion

OUTCOMES BY DAY 30

Participants will:

Understand their bodies medically

Track their health confidently

Have a personalized workout & nutrition plan

Reduce disease risk consciously



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Join a global women's preventive health network

Program fees

_\$100 USD (60,000 FCFA) _

Payments can be done in 2-3 installments

Program Duration

January 21st to February 21st

For payments & enrollment

WhatsApp +237680424114 for directions

Email address

services@tekhiglobal.com

TEKHI GLOBAL TEAM

www.tekhiglobal.com